

**FOOD AND NUTRITION SERVICES**  
Fairfax County Public Schools  
**INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU**  
**JULY 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	3 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	4 Yogurt 8 oz. Oatmeal Breakfast Round 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	5 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	6 Yogurt 8 oz. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	7 Hard Boiled Egg 2 ea Bagel 1 ea Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
<b>SNACK</b>	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Turkey and Cheese on Dinner Roll (1.3 oz.) 1 ea	Banana 1 ea Oats and Honey Goldfish Grahams 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea Wheat Thins 1 ea
<b>BREAKFAST</b>	10 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	12 Low Fat Cottage Cheese ½ c Oatmeal Breakfast Round 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	13 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	14 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
<b>SNACK</b>	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea	Banana 1 ea Oats and Honey Goldfish Grahams 1 ea	Nabisco Animal Crackers 2 oz. 1 ea Milk ½ pt.

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<b>BREAKFAST</b>	17 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	18 Yogurt 8 oz Oatmeal Breakfast Round 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	19 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	20 Yogurt 8 oz Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	21 Hard Boiled Egg 2 ea Bagel 1 ea Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt
<b>SNACK</b>	Linden Chocolate Chippers 1 pkg. Milk ½ pt	Turkey and Cheese on Dinner Roll (1.3 oz) 1 ea	Banana 1 ea Oats and Honey Goldfish 1 ea Grahams 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea Wheat Thins 1 ea
<b>BREAKFAST</b>	24 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	25 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	26 Low Fat Cottage Cheese ½ c Oatmeal Breakfast Round 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	27 Yogurt 8 oz Mini Bagels w/ Cinnamon Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	28 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt
<b>SNACK</b>	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea	Banana 1 ea Oats and Honey Goldfish 1 ea Grahams 1 ea	Nabisco Animal Crackers 2 oz 1 ea Milk ½ pt
<b>BREAKFAST</b>	31 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.				
<b>SNACK</b>	Linden Chocolate Chippers 1 pkg. Milk ½ pt.				

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**INSIGHT MEMORY CARE AND ADULT DAY LUNCH MENU**  
**JULY 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Happy Holiday</b>	<b>4</b>  <b>Happy Holiday</b>	<b>5</b> Stuffed Green Pepper (Beef) 1 ea w/ Shredded Cheese ½ c (over) Brown Rice ½ c Red Beans ½ c Steamed Carrots ½ c Dinner Roll w/ Margarine 1 ea Chilled Pears ½ c Milk, Variety ½ pt.	<b>6</b> Oven Fried Chicken 2 ea Baked Beans ½ c Garden Vegetables ½ c Dinner Roll w/ Margarine 1 ea Sliced Apples ½ c Milk, Variety ½ pt.	<b>7</b> Salisbury Steak w/ Gravy 4 oz with Noodles ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea Steamed Lima Beans ½ c Dinner Roll w/ Margarine 1 ea Chilled Mandarin Oranges ½ c Milk, Variety ½ pt.
		Cheese Sticks w/Marinara (V) 1 ser	Baked Croissant w/ Cheese (V)	Pasta w/Marinara and Mozzarella (V)
<b>10</b> Chicken Teriyaki ½ c (over) Low Mein Noodles ½ c California Vegetable Blend ½ c Steamed Spinach ½ c Fruit Roll 1 ea Banana 1 ea Milk, Variety ½ pt.	<b>11</b> Chicken Fillet on Bun 1 ea. Sweet n Sour Sauce / BBQ Sce 1 ea. Tomato Soup/MOW Mixed Veg 1 c Green Salad Mix 3/8 c Cucumber Slices 1/3 c Salad Dressing 1 ea. Chilled Pineapple ½ c Milk, Variety ½ pt.	<b>12</b> Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Steamed Green Beans ½ c Banana Bread 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt.	<b>13</b> Stuffed Shells 2 ea. Marinara Sauce 1/3 c Steamed Zucchini ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Garlic Toast 1 ea. Chilled Peaches ½ c Milk, Variety ½ pt.	<b>14</b> Oven Fried Chicken 2 ea. (aside) Biscuit ½ c Steamed Golden Corn ½ c Steamed Spinach ½ c Banana 1 ea. Milk, Variety ½ pt.
Black Bean Burger (V)	Cheese Pan Pizza (V) 1 ea	Baked Croissant w/ Cheese (V) 1 ea	Baked Croissant w/ Cheese (V) 1 ea	Veggie Burger (V) 1 ea.
<b>17</b> Stuffed Cabbage Roll (Beef) 1 ea w/ Sauce ½ c over Brown Rice ½ c Steamed Carrots ½ c Steamed Green Beans ½ pt Chilled Fruit Cocktail ½ c Milk, Variety ½ pt.	<b>18</b> Meatballs 5 ea. w/ Gravy 2 oz. Whipped Potatoes ½ c Garden Vegetable Blend ½ c Green Salad Mix 3/8 c Shredded Carrots ½ c Salad Dressing 1ea. Biscuit (2 oz.) 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.	<b>19</b> Fish Taco on Loco Bread 1 ea Tartar Sauce and Lemon Juice 1 ea Corn and Black Bean Salad ½ c Steamed Broccoli ½ c Chilled Pineapple ½ c Milk, Variety ½ pt.	<b>20</b> Salisbury Steak w/ Gravy 1 ea. Whipped Potatoes w/ Gravy ½ c Steamed Green Beans ½ c Biscuit 1 ea. Chilled Peaches ½ c Milk, Variety ½ pt.	<b>21</b> Penne Pasta 2/3 c w/ Meat Sauce 1 c California Vegetable Blend ½ c Three Bean Salad ½ c Dinner Roll 1 ea w/ Margarine 1 ea Chilled Mandarin Oranges ½ c Milk, Variety ½ pt.
Cheese Sticks w/Marinara (V) 1 ser.	Cheese Pan Pizza (V) 1 ea.	Black Bean Burger (V) 1 ea.	Baked Croissant w/ Cheese (V) 1 ea.	Pasta w/ Marinara and Mozzarella (V)
<b>24</b> Breaded Pollock 1 ea. (aside) Biscuit 1 ea. Tartar Sauce and Lemon Juice 1 ea. Campbell's Minestrone Soup/ 1 c Seasoned Potato Wedges ½ c Catsup 1 ea. Chilled Fruit Cocktail ½ c Milk, Variety ½ pt.	<b>25</b> Orange Chicken 3/8 c (over) Lo Mein Noodles 1 c Steamed Carrots ½ c Green Salad Mix 3/8 c Cucumber Slices 1/3 c Salad Dressing 1 ea. Warm Cinnamon Apples ½ c Milk, Variety ½ pt.	<b>26</b> Stuffed Green Pepper (Beef) 1 ea w/ Shredded Cheese ½ c (over) Brown Rice ½ c Sweet Potatoes ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Dinner Roll w/ Margarine 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.	<b>27</b> Beef Teriyaki 4 ea (over) Brown Rice ½ c Garden Vegetable Blend ½ c Green Salad Mix ½ c Dinner Roll 1 ea. w/ Margarine 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	<b>28</b> Chicken Cordon Bleu (w/ Ham) 1 ea. w/ Whipped Potatoes ½ c Steamed Zucchini ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Biscuit w/ Margarine 1 ea. Chilled Fruit Cocktail ½ c Milk, Variety ½ pt.
Black Bean Burger (V) 1 ea.	Cheese Pan Pizza (V) 1 ea.	Baked Croissant w/ Cheese (V) 1 ea.	Black Bean Burger (V) 1 ea.	Cheese Pan Pizza (V) 1 ea.
<b>31</b> Stuffed Shells 2 ea Marinara Sauce 1/3 c Steamed Lima Beans ½ c Green Salad Mix 3/8 c Tomatoes 1/3 c Salad Dressing 1 ea Garlic Toast 1 ea Chilled Peaches ½ c Milk, Variety ½ pt.				
Pasta w/Marinara and Mozzarella(V)				

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MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
BAG LUNCH	Tuna Salad on Croissant	1 ea.	Turkey-Ham and Cheese on Bun	1 ea.	Egg Salad on Croissant	1ea.	Asian Chicken Wrap	1ea.	Turkey & Swiss Cheese on Croissant	1 ea.				
	Three Bean Salad	½ c	Mayonnaise and Mustard	1 ea.	Green Salad Mix	3/8 c	Green Salad Mix	3/8 c	Mayonnaise and Mustard	1 ea.				
	Fruit Cocktail	½ c	Cucumber and Radish Slices	½ c	Sliced Tomatoes	1/3 c	Shredded Carrots	1/3 c	Cucumber Slices and Carrot Coins	½ c				
	Orange (Quartered)	1 ea	Hummus	1 ea	Dressing	1 ea.	Dressing	1 ea.	Hummus	1 ea.				
	Milk	½ pt.	Apple Slices	½ c	Corn and Black Bean Salad	½ c	Orange (Quartered)	1ea.	Banana	1 ea.				
			Milk	½ pt.	Banana	1ea.	Apple Slices	½ c	Banana	1 ea.				
				Milk	½ pt.	Milk	½ pt.	Milk	½ pt.					
CHEF SALAD	CAESAR CHICKEN		EGG & CHEESE		SOUTHWEST CHICKEN		APPLE CRANBERRY CHICKEN		TACO SALAD					
	Romaine	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.				
	Grilled Chicken	1/3 c	Hardboiled Egg	1 ea.	Grilled Chicken Breast	1ea.	Grilled Chicken	1ea.	Beef and Bean Chili	½ c				
	Parmesan Cheese	1/8 c	Grated Cheese Blend	¼ c	Tortilla Strips	2 oz.	Dried Cranberries	¼ c	Grated Cheese Blend	¼ c				
	Caesar Dressing	1 ea.	Cherry Tomatoes	2 ea.	Cherry Tomatoes	2 ea.	Apple Slices	½ c	Cherry Tomatoes	2 ea.				
	Oatmeal Round	1 ea.	Cucumber Slices	2 ea.	Ranch Dressing	1 ea.	Honey Mustard Poppy	1 ea.	Cucumber Slices	2 ea.				
	Orange (Quartered)	1 ea.	Peas	¼ c	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	¼ c				
	Milk	½ pt.	Shredded Carrots	½ c	Mandarin Oranges	½ c	Banana Bread	1 ea.	Tortilla Chips	2 oz.				
			Tortilla Chips	2 oz.	Milk	1 pt.	Apple Slices	½ c	Ranch Dressing Cup	1 ea.				
			Ranch Dressing Cup	1 ea.			Milk	1 pt.	Banana	1 ea.				
			Apple Slices	½ c					Milk	1 pt.				
			Milk	1 pt.										
FRUIT SALAD	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c				
	String Cheese	1 ea.	Dinner Roll	1 ea.	String Cheese	1 ea.	Banana Bread	1 ea.	String Cheese	1 ea.				
	Oatmeal Raisin	1 ea.	Margarine	1 ea.	Wheat Thins	1 ea.	Sliced Fresh Fruit	1 c	Tortilla Chips	2 oz.				
	Round		Sliced Fresh Fruit	1 c	Sliced Fresh Fruit	1 c	Apple Slices	½ c	Sliced Fresh Fruit	1 c				
	Sliced Fresh Fruit	1 c	Apple Slices	½ c	Banana	1 ea.	Milk	½ pt.	Banana	1 ea.				
	Orange (Quartered)	1 ea.	Milk	½ pt.	Milk	½ pt.			Milk	½ pt.				
MEALS ON WHEELS DINNER MENU														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Caesar Chicken Salad			Fruit Salad			Box Lunch			Apple Cranberry Chicken Salad			Box Lunch		

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